

# Innovative Cessation Aftercare: Boot Camp to Stay Quit

Susan Williams, M.Ed., R.D.

Mohave County Tobacco Use Prevention  
Program- MCTUPP

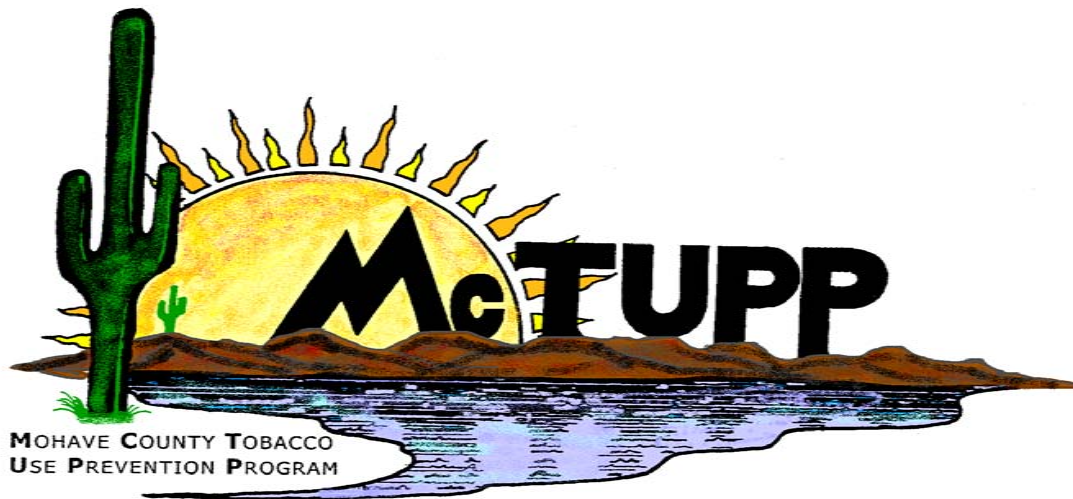
Mohave County Department of Public Health

# Objectives

- Program Overview
- Define Collaborating Agency
- Describe Boot Camp After Program
- Results and Reported Participant Benefits

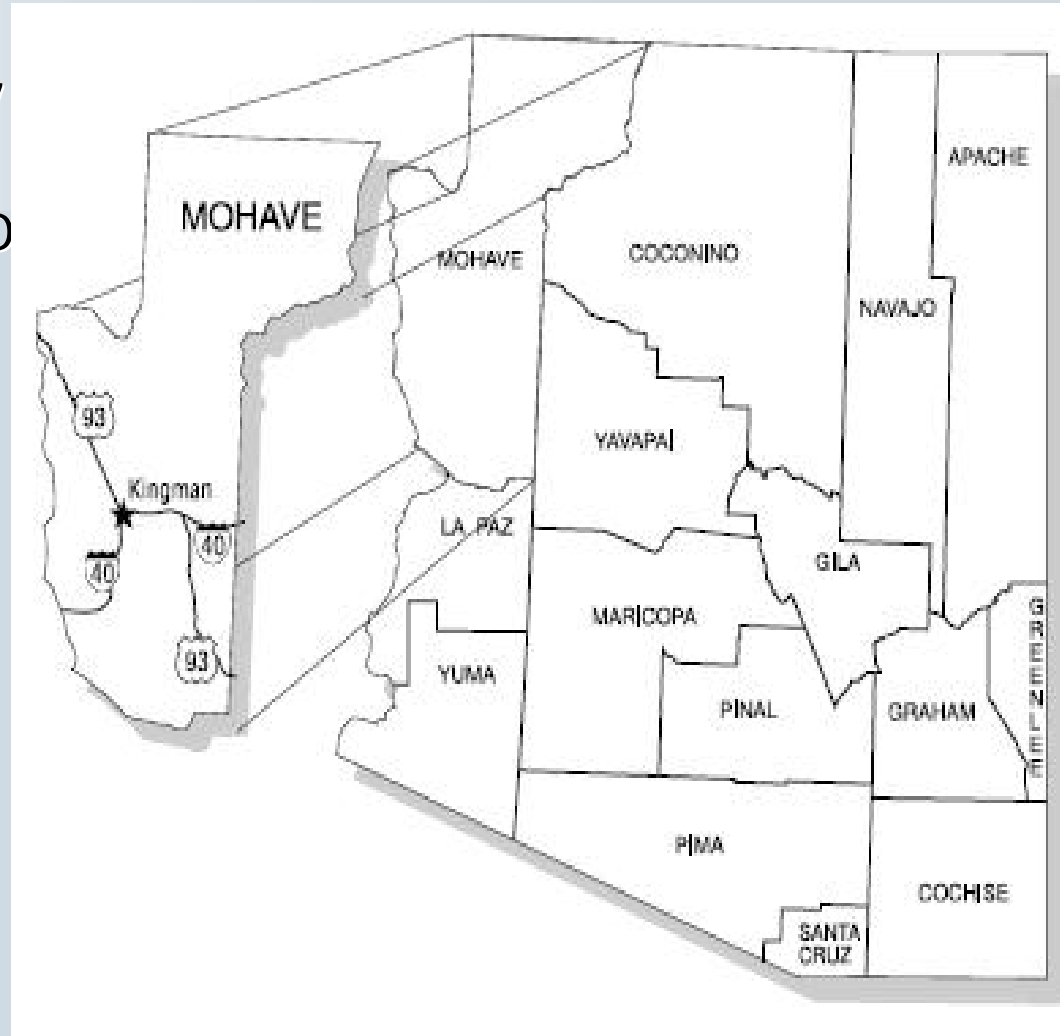
# Program Overview

- Mohave County Tobacco Education and Prevention Program (MCTUPP)



# -Local Project

- Population 171, 367  
(2003 estimates)
- High Death Rates: Major CVD  
Malignant neoplasm (lips,  
pharynx, trachea, and lung),  
and COPD
- High Smoking Prevalence  
2002 (Strata 4) 24.2%
- High Youth Secondhand  
Smoke Exposure
- Longest Stretch of Historic  
Route 66



# -Comprehensive Programming

community collaboration, prevention, cessation,  
tobacco free environments

## -Cessation Services

Community Multi Session Groups

Curricula-American Cancer Society's Freedom  
from Smoking (Modified)

Worksites

Arizona's Smokers Helpline

Approximately 600 participants received services

# Collaborating Agency

Kingman Regional Medical  
Center

Del E. Webb Wellness and  
Rehabilitation Center

Non profit health care facility

213 licensed bed hospital with 1100 employees

Joint Commission accredited

Wellness Center 35,000 square ft with 50+employees

Collaboration since 1997 with community support groups



# Boot Camp Program

## Exercise/Physical Activity

An intensive workout program designed to increase metabolism, boost energy levels, shed excess body fat and build muscle in as little as 30 minutes per day

18 classes are offered at various times throughout the week

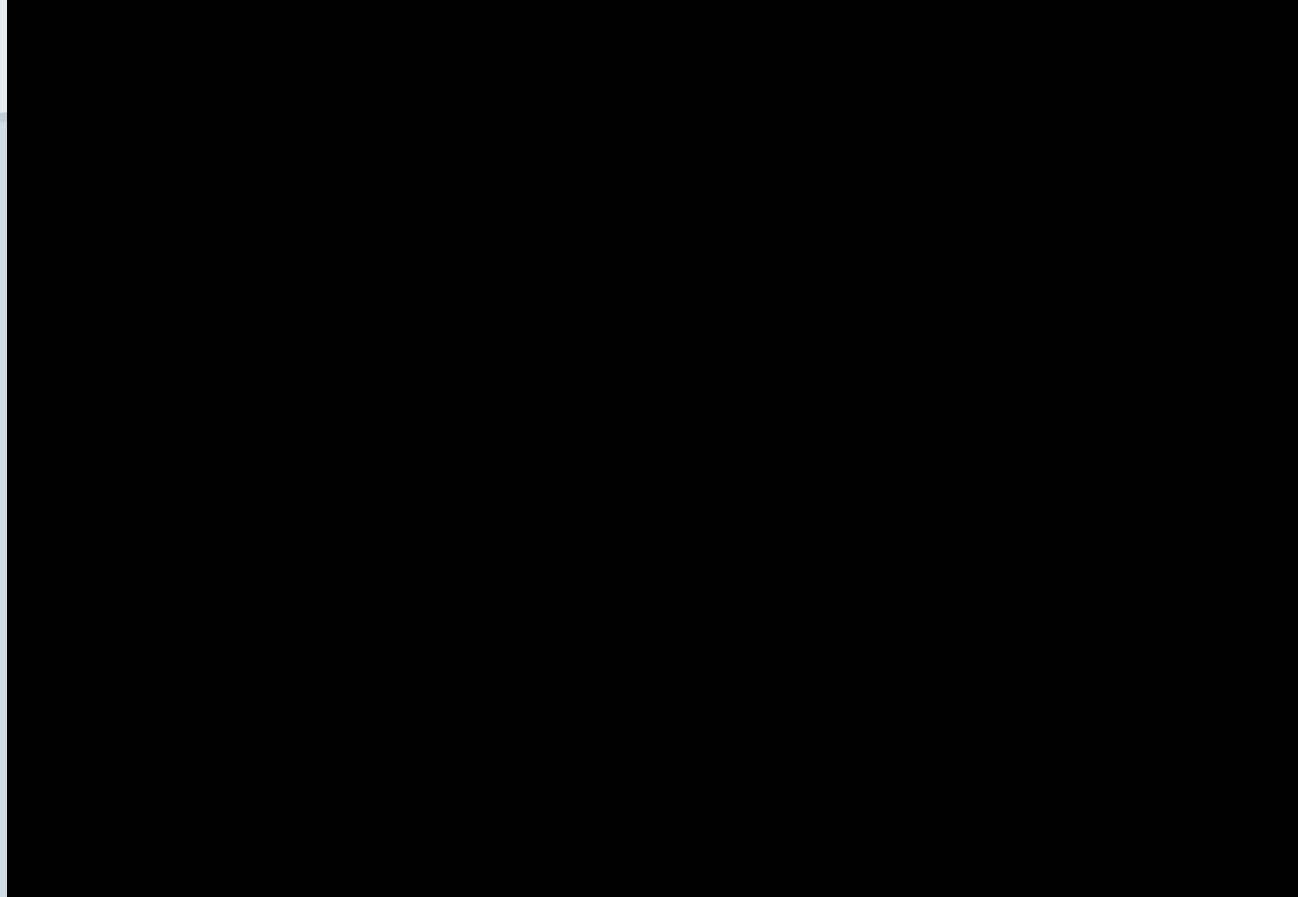
All participants have to sign in a log book

## Nutrition

Weekly classes to discuss healthy eating, complete and submit food records and support each other

All visit are logged

# Boot Camp Video Clip



# Can we do this?



Sure we can !



# Boot Camp After Care Pilot Program

- Signed Contract Requirements
  - Complete our cessation program and be tobacco free for at least 6-weeks
  - Attend exercise class a minimum of 3 times per week, only count 1 class/day.
  - Attend 1 nutrition session per week
  - Log in at each visit
  - \$50.00 cashiers check

12 Participants Enrolled

# Results and Reported Participant Benefits

- Based on telephone interviews at 6 months post boot camp
- Of the 12 participants- 5 did not complete
- 7 (58%) completed
- 5 (71%) were tobacco free at 6 months
- 100% of completers reported no wt. gain
- 6 (86%) lost weight
- 100% of completers reported they used exercise as a stress releaser or coping mechanism

- 2 (29%) of the completers did not remain tobacco free at 6-months

- 1 person remained quit for 3 months

- 1 person remained quit for 4 months

# Conclusion

- While the sample was small, the intensive nature of the boot camp aftercare did result in high quit rates at 6-months (71%)
- 86% reported weight loss
- Unintended consequence – reported increased personal confidence through completing the program and remaining quit